WARREN CROSS COUNTRY

Dare to be Different!
Dare to Be Great!

2006, 2008 & 2009 SEOAL BOYS CHAMPIONS
2008 & 2009 JR HIGH DISTRICT & SEOAL CHAMPIONS

The Sport of Cross Country is a competitive team sport offered in the fall for students in grades 7 through 12. Training and optional group runs start in the early summer. Teams consist of five or more runners who all race together at the same time with other teams. The top five finishers from each team are scored and their finishing places are added up for the team score. The lowest score wins. High school races are 3.1 miles long, while junior high races are usually 2 miles. The courses are mostly run across grassy fields, wooded paths, and have a mixture of hills and some courses include creek crossings and log jumps to make it interesting!

A great thing about cross country (abbreviated XC) is that everyone competes! Everyone runs the same course, and although the first 7 runners to finish are considered the scoring team, at every meet ALL athletes get to participate. There are no cuts, and no bench to sit on and watch while others play!

Our philosophy is fairly simple:
- Everyone is important, unique, and contributes
- To strive for excellence is as worthy as achieving it
- Everyone can reach for their personal best
- We can have fun, train hard, and race well
- We want to inspire a love of running

Everyone is Important It is a team wide philosophy that every athlete is vital to the success of the program. Keeping this in mind, running ability is actually one of the less important traits we look for. Regardless of whether you are at the front of the pack or somewhere in the middle, you play an important role on the team.

Striving for Excellence Each person brings their own set of skills and abilities to the sport. Our goal is to assist each runner to achieve the most out of their skills.

Opportunities Training programs are tailored and feedback from athletes is valued. The coaches work with each athlete both as an individual and as part of the team to help both maximize their potential.

Let's Have Fun We run different places, different routes, and we have special days where we do something out of the ordinary, just to change things up a little.

Inspire a Love of Running Running is something that can be done by everyone for the rest of their life. We seek to inspire people to run not just for competitive fitness, but also for good health, stress relief, and to enjoy the great outdoors!
TEAM AND INDIVIDUAL SUCCESSES

Over the past several years, Warren has qualified several teams to the state meet on both the boys and girls side. The boys have finished in the top 10 in the state, while the girls have finished in the top 15. Warren has also won several regional and district team championships, and had numerous runners make All-Region, All-District, and All-SEOAL. In 2009, the boys won their 3rd SEOAL Championship in 4 years. Also, several Warren runners have made All-Ohio (top 25 at state) and have also placed among the top 10 individuals in the state. At the junior high level, in 2008 and 2009, both the boys and girls teams won the District Championship! The boys also won 2 straight SEOAL Championship, and the girls finished 2nd in 2008 and won in 2009. Last year’s junior high team had 22 members, the largest in history.

REASONS TO RUN CROSS COUNTRY

There are as many reasons to run cross country as there are runners!

"Running is the greatest metaphor for life, because you get out of it what you put into it."

**Status Symbol.** Not everybody knows this but being a part of the Cross Country team is the top rung of the social ladder. ☺

"...One thing that is cool about being on the team is that nobody is left out when we do things as a team or group. Cross Country provides a better chance for people to develop friendships with everyone on the team. I know in my experience that sometimes in other sports that people seem to already have their own groups and if you are a newcomer it is hard to get in the group. With the Cross Country team it is not like that at all, everyone is treated like they are in the group..." Gage Freeman, Warren XC

**Anyone of Any Size!** Anyone can participate in cross country - no matter how tall you are or your shape or size, or skill level, or coordination - anyone can run, and anyone can get better.

"...I am running cross country now, I'm a freshman living in Alaska, and at first I was very VERY afraid to run, I am 5'2 and only weigh 89 pounds and I was a little shy freshman, but I tried, and won a couple races..." - Abby, Anchorage, Alaska

**Pasta parties!!!** Lots of pasta, lots of fun. Once you've been to one, you'll realize how incomplete your social calendar really was.

"...Pretty much the most amazing thing I've ever done. Greatest sport EVER. Wow, I can't even explain it. The greatest feeling ever is finishing a race and knowing you did your best. Plus the bus rides and spaghetti feeds with the team are crazy fun!" - Dathan, Eugene, Oregon

**Free Tutoring.** What better way to improve your grades than to spend quality time on the bus doing homework with some of the smartest kids in school.

"...Anyone with enough will power can succeed in this sport. I joined my freshman year and was pretty bad. I couldn’t run two miles without stopping. Now 8 miles doesn't even faze me..." - Mike, Ogden, Utah

**Get Rich!** You're saving money since you can now run anywhere (no need for a car!) thus freeing up your hard earned money for more important things such as ice cream and music cd’s.

"...Every day at practice I work hard with my teammates. We put the effort in together. Doing this creates a certain respect and bond between us. I feel connected with my team and welcome others that are willing to put themselves on the line and work hard..." - Janelle, Charleston, West Virginia

**The Ultimate Diet.** You're going to be burning some major calories at practice, in the weight room and on those early morning runs. So help yourself to seconds!

"...X-country is a rad sport, it helps build character and also is beneficial to other things like making friends and keeping good grades. It’s a good group of people to be around..." - Austin Fair, Warren XC

**Fit For Life.** Being a member of the cross country team will give you the skills and knowledge to enjoy a fitness lifestyle now and for years to come. The cardiovascular benefit from running - making your heart strong and efficient - is unmatched by almost any other form of exercise. As a bonus, running is something you can do the rest of your life.

"Few of us know what we are capable of doing... we have never pushed ourselves hard enough to find out. “- Alfred A. Montapert
Run with Olympians. Running is one of the few sports in the world where Olympians compete in the same events as everyday citizens. For instance, the Parkersburg Half-Marathon each August always has several world-class, Olympic runners in the race, and you can run (well, try to run) with them in the same race!

“...Cross country is hard. But if you put the effort in you will see results and feel really good about yourself... And I do think it is a team sport. Every one on the team matters...” Justin, Topeka, Kansas

Join an Exclusive Club! It takes a special person to run Cross Country. It’s demanding and it’s not for everyone. But for all the past runners who make up the history of Warren Cross Country, it’s a highlight that continues to burn bright in their lives long after they have left Warren.

“When people ask me why I run, I tell them, there’s not really a reason, it’s just the feeling when you cross that finish line, and know that you are a winner no matter what place you finished.” Wesley, Madison, Wisconsin

Simplicity. Running basically requires the will and some free time. Nearly anyone can run, and even excel at it. You don’t need a special skill. No special equipment other than running shoes. Running is satisfying to all participants at all levels. Every run can be an interesting and new experience.

“...The final stretch. The adrenalin rush that overcomes one when sprinting down the final straight...the crowd lined up for hundreds of meters at the point when I am out of gas but I endure the pain and the adrenaline takes over my body ...” Mia, Ona, Texas

Social contact. While running can be a solitary experience, teams and clubs enhance the good feelings by providing company and motivation. Group running is uplifting. You feel less fatigue plus an impetus to maintain pace. Each member of the group enables others to improve. On high school teams, success is contagious.

“...For me cross has always been a big family thing. We are always a pretty close knit bunch. We support each other on and off the course. We go to each other’s winter and spring sports events and concerts. And at least for me I’m still really close to people I ran with my freshman year....” Sara White – Warren XC

“...one of the great things about cross country is what goes on when you aren’t running. During cross season you spend QUITE a lot of time with the team, at least 2 hours on week days and most Saturdays. But, that is a good thing, you really get to know each other and develop amazing relationships with your teammates that you can’t get out of any other sport. Cross country is a small group of guys and girls that you end up spending A LOT of time with. Running the race is great, but the rest of the day is spent with your teammates and you end up finding great bonds amongst the team, and not only that, but a group of supportive and caring people. Yes, you have to work hard, run long and devote a lot of effort and time towards cross country, but you also find great friends and people to share to experience with...” Holly Stark, Warren XC

Nature. Running in the great outdoors is so rewarding. Trail runs, scenic back roads, big hills and little hills, creek crossings, mud runs, snowy runs, and sunny running among the fall colors and hearing the leaves crunch under your feet, seeing deer dart out in front of you, chasing squirrels, satisfying memories etched in your brain.

"I always loved running. It was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." – Jesse Owens, Olympic Gold Medalist.

Personal bests. Goals of running faster are big motivation. It’s all about challenging yourself. You try to challenge yourself to beat the clock, or challenge yourself to finish ahead of another runner. The challenge may also be to run more miles faster at practice.

“...I run because I like the feeling that comes from setting and achieving goals during the competitive season. I also like the camaraderie with the people I run with every week. It makes me feel like I’m doing something worthwhile with my time. Running also helps me to be more disciplined in other things I do - Joan, Freeport, Maine

Get in shape for winter

Cross Country is a great way to get in shape and ready to go for other sports like wrestling and basketball.

"I have met my hero, and he is me." George Sheehan

“Why do I run? I don’t even realize how far you have gone, because you find that amazing inner peace. There is a feeling you get when you reach the top of a big hill and know that you are minutes from the finish. That is why I run. I run because of the way it makes my body feel...” Billy, Boston, Massachusetts
Individuals and Teams
We value how we do as a team, but we also can value and take pride in how we do as an individual. On days you may not run so well, your team can still do well, and on those days when the team doesn’t run well, you can still have success by the way you perform as an individual.

“...I have very little natural talent for this and I’m not that great, but this is a sport that if you go to practice every day and put the hard work and effort into, you will succeed.” - Steve, Billings, Montana

Life lessons. The lessons of running apply to life in general. Being healthy, respecting your body, and appreciating nature enrich our days and make us feel better about the world around us. Running on the school team improves social skills and helps us relate better to everyone. Running enables you to better yourself in so many ways.

“...I ran cross country in high school and I must say that the values instilled in me within the sport have carried me through until now and into the future I’m sure ...” – Frank, Gainesville, Florida

“...I would have to say that being in cross amazing, you build friendships, you build character, and the team is supportive like a family. I think that cross country presents many opportunities for people...” Kalli Ross, Warren XC

WE HAVE A WEBSITE! FOR MORE INFORMATION:

http://oak.cats.ohiou.edu/~hoffmar1/warrencc.html

If you are interested in running or just trying it a few times this summer, please email Coach Hoffman:

wl_rhoffman@seovec.org

Or you can complete the form below and return it to:

Rich Hoffman
Cross Country Coach
Warren High School
130 Warrior Drive
Vincent OH 45784

Name: ______________________________________________________________________  Grade in 2010: __________
Address: _______________________________________________________________________________________________________________________________________________________
_______________________________________________________________________________________________________
Phone: _______________________________   Email: ________________________________